



# The Notes

## **Follow Your Heart and Plan with Your Head**

### **Part 4: “Managing Relationships, Resources and You”**

**June 27, 2021**

**Pastor Jack Witt**

*“About this time some of the men and their wives raised a cry of protest against their fellow Jews. They were saying, “We have such large families. We need more food to survive.” Others said, “We have mortgaged our fields, vineyards, and homes to get food during the famine.” And others said, “We have had to borrow money on our fields and vineyards to pay our taxes. We belong to the same family as those who are wealthy, and our children are just like theirs. Yet we must sell our children into slavery just to get enough money to live. We have already sold some of our daughters, and we are helpless to do anything about it, for our fields and vineyards are already mortgaged to others.” When I heard their complaints, I was very*

*angry. After thinking it over, I spoke out against these nobles and officials. I told them, "You are hurting your own relatives by charging interest when they borrow money!" Then I called a public meeting to deal with the problem.*

**Nehemiah 5:1-7 (NLT)**

## **Unavoidable Distractions**

Relational issues (mistreatment, inequity, abuse of power, conflicts) will surface while you are following your heart into God's will and working your problem-solving plan.

- Be certain these issues are yours to address
  - Know your role
- Intervene, but don't let a secondary thing become the primary thing – Keep your focus
- 

## **Managing your emotions**

- Emotions instantly surface along with information you hear or the thoughts you think. Most of our trouble comes from reacting to the feeling rather than thinking our way through what we feel.
- Nehemiah's anger was followed by "thinking it over" He seriously considered or consulted with himself

*“For the entire twelve years that I was governor of Judah—from the twentieth year to the thirty-second year of the reign of King Artaxerxes—neither I nor my officials drew on our official food allowance. The former governors, in contrast, had laid heavy burdens on the people, demanding a daily ration of food and wine, besides forty pieces of silver. Even their assistants took advantage of the people. But because I feared God, I did not act that way.”*

**Nehemiah 5:14-15** (NLT)

*“Remember, O my God, all that I have done for these people, and bless me for it.”*

**Nehemiah 5:19** (NLT)

### **Cathartic prayer and self-care**

Dealing with people and problems tends to weigh down your soul. You must manage your emotions; you must also manage your perspectives and energy.

*“Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained—though we had not yet set up the doors in the gates.*

*So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono. But I realized they were plotting to harm me, so I replied by sending this message to them: "I am engaged in a great work, so I can't come. Why should I stop working to come and meet with you?" Four times they sent the same message, and each time I gave the same reply."*

**Nehemiah 6:1-4 (NLT)**

### **Avoidable Distractions**

Despite your superhero self-expectations, you cannot do everything. Engaging in one effort will require disengagement from another. Make sure you are keeping your focus on the great work that God has given you do:

- Build and deepen your faith
- Enjoy and invest in relationships
- Follow your heart and use your head to actively pursue what pleases God